

FAMILY PRAYER GUIDE FOR CHILDREN #1

“Prayer: the original wireless family plan” (the Lord’s Prayer)

Introduction:

The old adage *“The family that prays together stays together”*, while repeated by many pastors and authors, still holds true. One of the most powerful things you can do as a family with your child is to pray with them.

When children are small, we teach them cute prayers to pray at bedtime, meals, and other occasions. It is important for us as parents to go deeper with them, teaching them how to personally and powerfully pray. This guide will follow the simple instructions that Christ used to teach his followers how to pray powerful, personal, and passionate prayers.

Instruction:

You may use this prayer guide in any way that fits your family and time. It is broken down into 7 sections based on the breakdown of the “Lord’s Prayer” passage. Consider using this guide over a 7-week period, with each week being a week of considering and prayer the specific parts of prayer described. Another great option would be using this guide as part of a vacation or spiritual retreat away as a family, spending 7 days considering each of the 7 parts. If your family is away for a weekend, spend day #1 considering and praying through the “Our God” section and day #2 considering and praying through the “Our Good” section and wrapping up the weekend “Praying the Complete Prayer”

During your family prayer times, encourage your child to share and also pray out loud with you. As a parent, lead in prayer to start off the time, but then make sure to really allow your child to be open to the 6 different practices of prayer.

Passage: Matthew 6:5-15

5 *“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full.*

6 *But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. **7** And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. **8** Do not be like them, for your Father knows what you need before you ask him **9** “This, then, is how you should pray:*

10. *“Our Father in heaven, holy is your name, your kingdom come, your will be done, on earth as it is in heaven.*

11 *Give us today our daily bread.*

12 *And forgive us our sins, like we have forgiven those who sin against us.*

13 *And lead us not into temptation, but deliver us from the evil one”*

14 *For if you forgive other people when they sin against you, your heavenly Father will also forgive you. **15** But if you do not forgive others their sins, your Father will not forgive your sins.*

Guide:

Fun Warm Up: Family Assignment:

Read verses 9-13 carefully. This section is what many call the “Lord’s Prayer”. After you have read it over as a family, take a couple minutes to talk about the prayer in an age appropriate way to your child. Take time to explain words, phrases and ideas that may be hard to understand. Work together to try to rewrite the prayer in your own words. You can be creative, use any style you like, and have fun creating “Your Family Prayer”. Consider writing it out on a colorful piece of paper and then post it somewhere where everyone can see it.

Fun Creative Warm Up: Family Assignment (option for younger children)

Instead of rewriting the words of the verse, take 6 pieces of colorful construction paper and on the top of each write the 6 phrases you will be looking at the top of each page. Using old magazines or newspapers have your children cut out pictures that they think would relate to those 6 things. Once again, post those somewhere where everyone can see them.

SECTION #1: “OUR GOD” (“*Our Father in Heaven...*”)

- **Adoration (“*holy is your name...*”)**

1. **Think:**

- What does it mean if something is adorable?
- What does your name mean? Do you know why we named you that?
- What are some names that we call God?

2. **Pray:** (**as a family or individually taking turns*)

- Pray and tell God why we love Him.
- Pray and thank God for some good things He does for us.

- **Affirmation (“*your kingdom come...*”)**

1. **Think:**

- What would be one thing you would do if you were a king or a queen?
- Do you think you would be a good king or queen?
- What makes God a good king ruling over our world?

2. **Pray:** (**as a family or individually taking turns*)

- Pray and thank God for being such a good king of our world.
- Pray and ask God to help you be willing to be a good listener and follower of Him as a King.

- **Acceptance (“*your will be done...*”)**

1. **Think:**

- What is one thing about yourself that you like the best? Like the least?
- What is a change or something that has happened lately that you didn’t like?

2. **Pray:** (**as a family or individual taking turns*)

- Pray and ask God to help you understand the things He does or allows to happen even if we don’t understand.
- Pray and thank God for always taking care of you and our family.

SECTION #2: “OUR GOOD”

- **Provide (“*give us today our daily bread...*”)**

1. **Think:**

- What are things that you have that you can be thankful for?
- What is something you would like for God to provide? (** think serious need more than want*)

2. **Pray:** (**as a family or individually taking turns*)

- Pray and thank God for things that He has provided. Name them as you pray.
- Pray for something that you would like God to provide, if it His will.

- **Pardon (“and forgive us our sins like we have forgiven those who sin against us...”)**

- 1. **Think:**

- What is something that you have done wrong lately that you need to ask God to forgive you for?
 - Who is someone that did something bad to you that you need to forgive?

- 2. **Pray:** (*as a family or individually taking turns)

- Pray and thank Jesus for dying on the cross and for forgiving you
 - Pray and tell God what you did wrong and ask Him to forgive you.
 - Pray for the person who did something bad to you and ask God to help you forgive them.

- **Protect (“and lead us not into temptation, but deliver us from the evil one”)**

- 1. **Think:**

- What does it mean to be tempted by something?
 - What is something that is tempting to you or you feel like you have a hard time not doing?

- 2. **Pray:** (*as a family or individually taking turns)

- Pray and ask God to help you not be tempted and not do the thing you are having a hard time with.
 - Pray and thank God for protecting you.

SECTION #3: “PRAYING THE COMPLETE PRAYER

- *This final section is for your family to pray the whole prayer all at once, praying through all 6 parts of the prayer that you have been working on and praying through.*

1. Start off your prayer telling God what you love about Him.
2. Continue to pray and ask God to be king of your life.
3. As you pray, tell God you accept Him and His rules for His Kingdom.
4. Thank God and praise Him by naming a couple things you are thankful for.
5. As you continue to pray, tell God something you did wrong and that you need to ask for forgiveness about.
6. Close your prayer by asking God for help in keeping you away from temptation and to protect you from doing wrong.